



FOOTBALL - 3G Pitches – Footwear Guidance

Recommended Footwear for Synthetic Surfaces					
Footwear Types					
	Football Boot (screw-in stud)	Football Boot (moulded stud)	Trainer ('Astro' trainer)	Trainer (flat sole)	Football Boot (blade)
3G Football Turf / Long pile Carpet	✓	✓	◆	✗	✗

✓ Recommended

◆ Not ideal

✗ Not permitted

1. Blades: Use of footwear which has a bladed profile studded sole is prohibited.

2. Metal (screw-in) Studs on Synthetic Turf for Rugby: Metal Studs designed for Rugby are permitted provided they are Kite Marked and manufactured to BS 6366:2011. These types of studs are a mandatory requirement when playing rugby and are part of the IRB laws of the game. These types of studs are designed for player safety and to limit the potential damage to the playing surface.

It is important that the studs must be fitted correctly to the shoe sole and in a way that they cannot capture the turf fibers i.e. all studs are fully tightened and there is no gap between the studs and the sole of the boot. All studs must be free of sharp edges, have a smooth and undamaged surface and totally free of sharp burrs. The profile of the stud must be an even wear across the bottom of the stud.

Studs showing any of these defects are therefore PROHIBITED for use on the surface at any time whether in training or match situations. It is the responsibility of the facility owner and/or club to check and monitor all footwear used on the surface prior to any person entering or using the synthetic turf field to verify compliance with these conditions.

It is also advisable that the facility owner and/or club ensure that all footwear is clean and free from mud, soil and stones, prior to usage on pitch. Failure to monitor this aspect will affect the sports performance and drainage of the turf system, plus bring onto the pitch foreign debris which could lead to player injury.

The use of flat soled training shoes and 'Astro' trainers should be discouraged or ideally prohibited as they flatten the pile of the carpet and increase the rate of compaction of the infill.

If significant use of such footwear is envisaged the surface manufacturer should be advised before a surface is selected and appropriate provision for additional maintenance and a reduced service life made.

SIS Pitches



3G Footwear Examples (not-exhaustive)

Football Boots (Screw-in Studs)



Football Boots (Moulded Studs)



Trainers ('Astro' shoes)



Trainers (Flat sole)



Football Boots (Blades)

